

new Bernal Journal

December '92/January '93

Serving the Bernal Heights Neighborhood of San Francisco

Volume 29 • Number 6 • Free!

Santa Comes to Bernal



Santa & Mrs. Claus (a.k.a. Oliver Saunuef & Julia Riddell) are looking forward to their annual visit with the children of the neighborhood at the Bernal Heights Senior Program's "Christmas Boutique" on December 6th at the Neighborhood Center, 515 Cortland Avenue.

Residents Rediscover Bernal Playground

Good things are happening at the Bernal Playground! The long awaited new basketball backstop has been installed in the gym; evening volleyball and basketball has proven popular; and participation in youth activities is on the rise.

Located on Moultrie Street off Cortland Avenue, the playground's new Satellite Supervisor, James (J.T.) Threat, former director of the Bernal Playground, joins playground directors Derek Crenshaw and Marquita Reyes, in expressing enthusiasm for increased participation in playground activities. "I am expecting good things from Bernal Playground."

Representatives from the maintenance side of the Recreation and Park Department joined neighbors in a "walk-through" of park facilities on November 12 and have agreed to submit work orders covering many of the safety and cosmetic issues raised by neighbors in this past summer's meetings. Neighbors attending these meetings felt that progress was finally being made in both

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Neighbors and Tenants Fight to Improve Bernal Dwellings

By Mauricio Vela,
Center Director/Community Organizer

In response to the October beating of a trucker on 26th and Treat Streets and to the shooting of a teacher's aide in the Leonard Flynn school yard during September, a new coalition of groups headed by the Precita Valley Committee and the Bernal Dwellings Tenants Association has strongly emerged to take on the Housing Authority and San Francisco Police Department. Their goal is to force the Housing Authority and the Police Department to improve conditions in and around Bernal Dwellings Housing Development and the surrounding community.

Specific demands include the need for more police availability by creating a police sub-station inside Bernal Dwellings and also increasing CPOP officers who patrol the community, especially during after school hours. Both of these needs have been endorsed by the tenant leadership themselves. Tenants have also expressed the immediate need for repairs especially inside the units as well as common areas, and also securing access to roofs. Maintenance of the children's play area,

reopening of the community room, and the acceleration of the Bernal Dwellings five year redevelopment plan were other demands made to the Housing Authority. Tenants also feel that there needs to be an expansion of the Mayor's Gang Prevention Project into the entire Bernal Heights area and also additional youth activities. Street improvements requested include a stop sign at Folsom & Stoneman Streets in the northbound direction on Folsom and also devices to slow down traffic around Precita Park.

Neighbors made these demands known on November 9th at a meeting with Erica Henri, the Mayor's liaison for Bernal Heights, and with Sgt. Art Bourges who heads the SFPD eleven member Public Housing Developments Flying Squad Patrol. Over 75 people attended this somewhat chaotic meeting that often went out of control. Neighbors as well as Bernal Dwelling tenants released years of frustration that they felt was mounted by

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Frustration and the Children's Service Plan

Neighbors repeatedly state need for Street Workers Project and Evening Youth Programs

Youth, parents, neighbors, and service providers gathered on Tuesday, November 17th with representatives from the Mayors Office of Children, Youth, and Families (MOCYF) to provide input into the 1993/94 Children's Service Plan (CSP) otherwise known as Proposition J plan.

Unfortunately, due to a rushed and tight meeting schedule by the MOCYF, similar to last year, attendance was somewhat lower than expected. Outreach would have been very minimal had it not been for the Bernal Heights Neighborhood Center requesting the five Bernal schools to send home flyers with students, and last minute phone calls. This sentiment was also expressed at the November 30th Mission district's 93/94 CSP meeting. The meeting ended with neighbors frustrated not knowing if they had wasted their time. Representatives from the MOCYF ended our discussion stating that there

was no guarantee that our input and needs would be part of the 1993/94 plan. However, when given the opportunity to voice which services are most needed in our community, a majority voted for a street workers project and evening youth programs. The gang prevention/street workers expansion has been requested at the June 30, 1992 Mayor Jordan townhall meeting and recently at the November 9th, Precita Valley Coalition meeting. In previous years, the expansion has been requested at No. West Bernal Block Club, and the Bernal Hill-Wide Block Club Coalition meetings. Closely following on the list was Parent Effectiveness Classes, Job Training & Placement, Cultural Enrichment, and Afterschool Pre-teen programs.

Frustration also existed because that some members of the audience were not aware of last year's process which affects this year's process dramatically, and specifically where the 92/93 funding is being spent. No information as to which agencies received monies was given. Additional concern was over the fact that none of the money could go to our financially troubled school district to buy books, hire para-professionals, or any other school support, and that the plan's service categories could not be changed until the fifth year which would be 1996/97 Children's Service Plan (CSP).

The 1992/93 Children's Service Plan was developed during November and December of 1991. The plan resulted in 25% of the money going into childcare, 25% into Job Readiness, 25% into Health and Social Services, and the final 25% going into delinquency prevention, recreation, education (not SFUSD) and libraries. 40% of the total 5.7 million dollars immediately went to the Department of Health, Department of Recreation and Parks, Department of Social Services, and the Juvenile Probation department.

The remaining 60% was to be contracted out to community based organizations after the MOCYF took out a percentage (11%) for administration cost.

The 1993/94 Children's Service Plan will not be much different...

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FIESTA!

Highlights: pages 4&5



Nic Griffin clowning around at this year's Fiesta

Neighborhood Shopping Guide & Classified Ads: Pages 6 & 7

Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2144

The *New Bernal Journal* is a bi-monthly (6 issues) neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

For Advertising Call: 206-2144

Next Issue: February/March '93. Deadlines: Editorial/Submission: 1/15/93

Advertising Reservation: 1/22/93. Camera Ready Ads: 1/29/93

We reserve the right to edit for clarity or space.

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New Bernal Journal Staff/Volunteers

Editor	Vicki Victoria
Photography	Robert Henderson, Vicki Victoria
Art Production	Victoria Graphics
Distribution	David Rogers & a cast of hundreds!
Contributors	Clo Dow, Mauricio Vela, Mindy Linezky, Ellen Egbert, Barbara Pitschel
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Bernal Dwellings

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the neglect by the City and the Housing Authority was responsible for. A second meeting held on November 19th with Deborah Whittle of the Housing Authority, and Commander Jim Arnold of the SFPD drew more than 125 children, families, and outraged neighbors who had signed petitions and were now supporting the Bernal Dwellings tenants demands.

Commander Arnold rejected the idea of a police sub-station, but stated there would be an increase in police presence around Bernal Dwellings beginning November 20th. Deborah Whittle refused to commit to the tenant and coalition demands, but agreed to meet with their steering committee representatives around November 30th.

Members of the coalition group include the Bernal Heights Neigh-

Service Plan

- continued from page 1...

ent from this year's plan because service categories cannot change until the fifth year and the city has committed to fund 92/93 recipients through June of 1994. This means nothing could be taken away from the plan, but according to Linda Asato, 93/94 CSP planner, other areas can be added. In

borhood Center, who was instrumental in creating the linkage between the tenants and the Precita Valley Committee, Bernal Dwellings Tenant Association, Precita Valley Committee, St. Anthony's Church, St. Anthony's School, Leonard R. Flynn School, Immaculate Conception Elementary, Inner Mission Neighbors, and most recently the North West Bernal Block Club. Bruce Parker is the chair of the coalition and has done an extremely efficient job of including as many people as possible in the process. For more information and for dates and locations of future meetings, please call him at 285-4851.

addition, monies available have increased from 5.7 million to approximately 13 million dollars, but again 40% automatically goes to the 92/93 four city departments and none to our schools. Hopefully, Bernal's street workers and evening programs will be one of the additions.

The 1991 Prop J. legislation also mandates that the four department commissions that receive monies hold public hearings. Currently, Rec. & Park has scheduled their hearing for Thursday, December 17 at 2:00 p.m. The Health, Social Service, Juvenile Probation, and Library will hold a joint hearing the same day at 3:00 pm but at a different location. So much for public input when a majority of youth and parents are either in school or working.

Ms. Asato has committed to holding two public meetings to discuss her CSP draft on Friday, December 11th, 9:30 a.m. at 1155 Market Street for service providers, and a second meeting on Saturday, December 12th, possibly at Everett Middle School located at 17th & Church (call Ms. Asato for time at 554-9250). Copies of the CSP draft will be available at the Bernal Heights Neighborhood Center on Tuesday, December 8th.

If you would like to assist you neighbors in advocating for street workers/outreach programs for communities that the Mayors Gang Prevention project does not serve, and/or would like to see more evening youth programs in our communities, please immediately write Linda Asato, CSP Planner or Anthony Lincoln, Director of MOCYF at the Mayor's Office Of Children Youth, & Their Families, 10 United Nations Plaza, Suite 260, San Francisco, California 94102 or call them at 554-8990.

By Mauricio Vela

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Humor on the Hill

By Roger Luzwig



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"L No!" Declares Victory!

by Mindy Linetzky
Bernal Heights Housing Corporation

Proposition "L", the Farmers Market Zoning Restriction measure, was overwhelmingly defeated by a 22 point margin. It was put on the ballot to stop affordable housing from being built on the hillside behind the Bernal Heights Farmers Market. The proposed housing, called Market Heights, will provide 46 families with new affordable homes and the Farmers Market will continue to operate as it always has.

I coordinated the campaign to defeat Proposition "L" and want to thank all the wonderful volunteers who went to endorsement meetings, made phone calls, walked precincts, posted signs, contributed funds, worked with other organizations and candidates who supported us, and who did much more. It's because of their hard work, we were successful.

Neighborhood volunteer Novella Smith explains: "I got involved because I felt the folks against Market Heights had gone too far. I'm pleased that the voters were bright enough not to fall for their scam." "I see this as a great victory for people who need housing," commented another key Bernal volunteer, Chad Hamilton.

"The victory of L No! was a win for everyone who needs an affordable place to live, for everyone who works to build af-

fordable homes, and for Bernal Heights reputation as the most progressive neighborhood in San Francisco," exclaimed Buck Bagot, a Bernal neighbor who worked hard on the campaign. "The controversy over Market Heights will end the same way all NIMBY controversies end," continued Bagot. "When the homes are built and look beautiful and the people move in—and they're just like us."

"Many people believed that if our proposed affordable housing development was ever taken to the ballot, we would lose," comments Carren Shagley, Co-Chairperson of Neighbors Against Deceptive Initiatives, the Committee Against Proposition L. "We had more faith in San Francisco's voters."

One key to victory was the overwhelming nonpartisan support we received from citywide organizations, political clubs, newspapers, candidates, and Bernal residents. The Democrats, Republicans, and the Green parties all supported us. Organizations such as the National Organization for Women, League of Conservation Voters, S.F. Black Leadership Forum, Asian American Voter Project, San Francisco Tomorrow, Alice B. Toklas Democratic Club, the Bernal Heights Democratic Club, and many others helped us spread our message throughout San

Francisco.

We are especially grateful for endorsements from Congresswoman Nancy Pelosi, Senator Quentin Kopp, Supervisors Kevin Shelley, Angela Alioto, Terence Hallinan, Roberta Achtenberg, Carole Migden, Jim Gonzalez, Willie Kennedy, and newly elected supervisors Sue Bierman and Barbara Kaufman. We look forward to working with these elected officials to bring Market Heights to fruition.

We didn't just win, we won big! For your information —

• L No! received 163,465 votes (61%) to L Yes' 104,258 votes (39%)

• L No! received more winning votes than Propositions H, J, and K (the other petition initiated propositions)

• L No! won in all neighborhoods except the Excelsior — including Bernal Heights, and won 571 out of 609 precincts citywide

• L No! won 63% to 37% at the polling place, and 54% to 46% in absentee ballots

"We firmly believe the large margin of victory is a mandate for affordable housing advocates throughout the City," comments Helen Helfer, Executive Director of BHHC. "It is a clear message which marks a new beginning for the politics of inclusion and an end to the politics of divisiveness."

"It is important that we move forward from this stunning victory — not just for the Bernal Heights Housing Corporation's project, but for all the non-profit housing advocacy and development groups throughout this great diverse city of ours," continues Helfer. "We

Moultrie Street Open House

The Bernal Heights Housing Corporation invites the community to an Open House for the organization's first Special Needs Housing apartment. The Open House will be held on Monday, December 14, 1992 from 12:00-2:00 pm at 374 Moultrie Street.

The Moultrie Street Apartments will provide permanent

housing to individuals that have Special Needs. The four unit apartment building will be leased by Progress Foundation, a city-wide service provider that administers transitional and permanent housing and support programs for persons that are in or have been through the mental health system.

Please RSVP by Monday, December 7th by calling Carol at 206-2140. The event is wheelchair accessible and children are welcome. We Look forward to seeing you on December 14th!

- Carol Corr

must continue to work to meet the goal of a decent and safe affordable home for everyone."

"I'm very happy San Francisco voters have demonstrated their support for affordable housing," comments Diane Ross, President

of BHHC. "As always, BHHC is committed to the preservation of the Farmers Market. We hope we can now work together with all our neighbors to strengthen our diverse community."

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A mammogram is an x-ray that produces pictures of the insides of your breasts. It can detect breast disease and breast lumps that are too small and too deep to feel. Although nine out of ten women will not develop breast cancer and most breast changes are not cancerous, a mammogram is a safe and simple way of detecting breast cancer. The earlier breast cancer is diagnosed, the more successfully it can be treated. A mammogram is one of the best methods doctors have for finding and evaluating breast cancer in its earliest stages.

St. Luke's Breast Health Center has modern x-ray machines that use very small radiation doses. All of our mammogram technologists are women who are specifically trained to take breast x-rays safely and effectively. Each technologist will explain how the breast x-ray is taken and answer your questions. If you are interested, your visit to St. Luke's Breast Health Center can include video instruction in breast self-examination (BSE).

To protect your health, call today for a mammogram appointment at St. Luke's Breast Health Center. You do not need to see your doctor to make an appointment for a mammogram. However, your test results will be sent to your doctor. If you do not have a doctor, St. Luke's Physician Referral Service can help you find one you can trust and who understands your needs. Call St. Luke's Physician Referral Service at 821-DOCS.

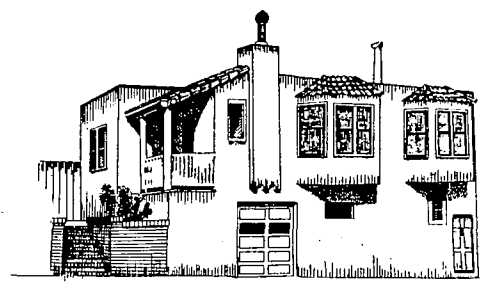
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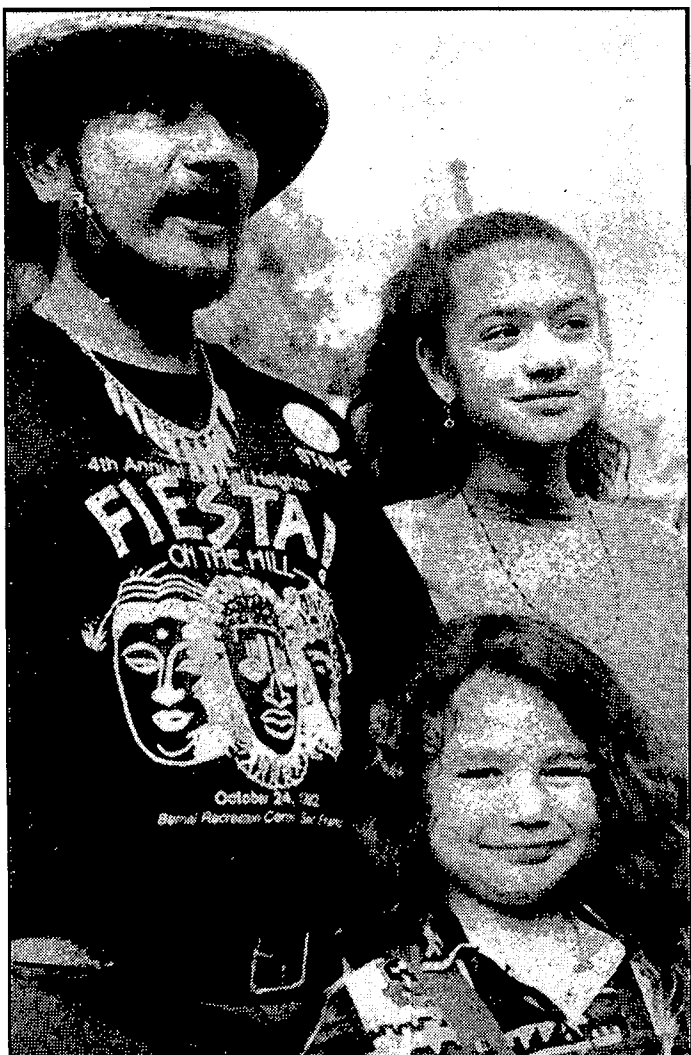
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On October 24, 1992 "Fiesta on the Hill" was a true neighborhood event, bringing families and residents together to celebrate a strong community. Photo by Vicki Victoria

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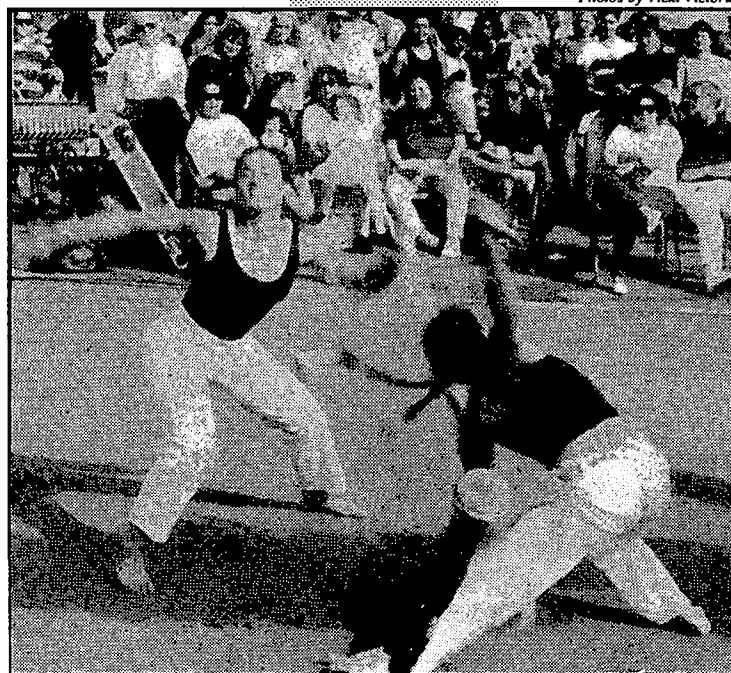
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A couple of Fiesta-goers dance to the Latin rhythms of the afternoon. Photos by Vicki Victoria



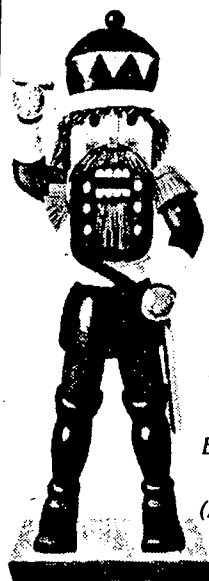
The exciting and energetic moves of "Capoeira" were performed by members of Grupo Omulu Senzala.



The constant whirl of the Prize Booth game wheel brought excitement to the Fiesta, as players called out for their lucky numbers throughout the day. Photo by Robert Henderson



Children enjoyed many activities at the Fiesta, from face painting to mask making to pie eating contests.



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Beautiful and exotic handmade jewelry were among the variety of arts and crafts at the Fiesta.

Photos by Vicki Victoria

1992 Fiesta Volunteers

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Diane Ross • Donna Shroat • Eric Smith • Novella Smith
Bill Sorr • Ray Torres • Willie Tupuola • Susan Vela
Christine Victoria • Vicki Victoria • Darryl Wallace
Diana • Ed Lampe • Nella • William



Tasty spinach knishes were among the delicious foods to choose from.



Bernal's own trio "Harvey" riveted music listeners with their pulsating heavy metal and rock-n-roll beats.

Photo by Vicki Victoria

Fiesta Coordinator

Jayne Salinger

Center Director

Mauricio Vela

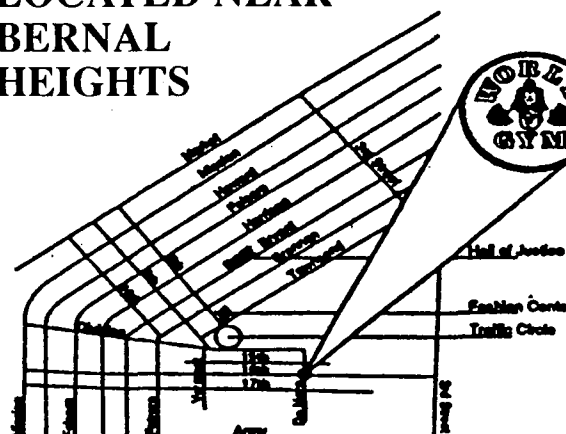
Although overcast skies threatened to dominate the day, the sun finally broke through in the afternoon, bringing hundreds of people out to enjoy the food, music, activities and booths.

Photo by Robert Henderson



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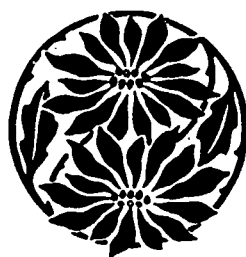


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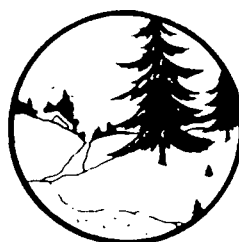
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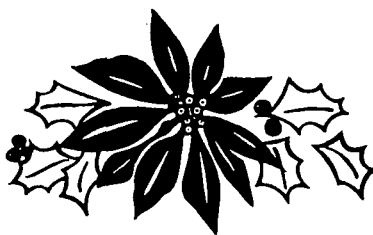
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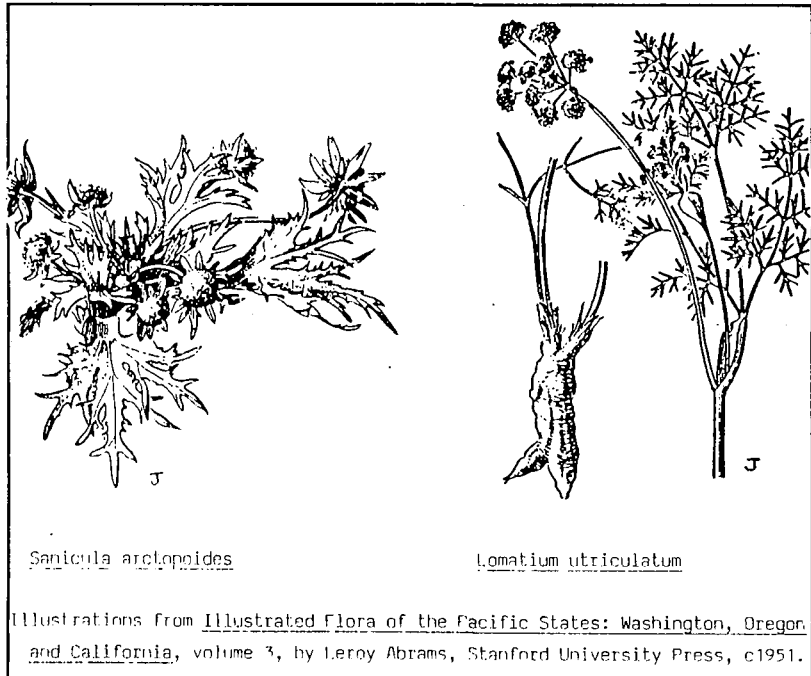
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Bernal Hilltop Natural History



Illustrations from *Illustrated Flora of the Pacific States: Washington, Oregon, and California*, volume 3, by Leroy Abrams, Stanford University Press, c1951.

Early-Blooming Wildflowers

By Barbara M. Pitschel

Unlike most of the country, where the plants spend a dormant winter season under a blanket of snow, our California flora has to grab a brief rest during the dry autumn months because, just as soon as the first rains come, our plants are ready to begin their new growth cycle.

Two members of the carrot or parsley family Umbelliferae/Apiaceae) are among the first native

wildflowers to bloom, usually showing their first flowers in January, in some years as early as December. As the family name hints, these plants have flower heads shaped more or less like umbrellas.

Sanicula arctopoides (footsteps of spring or yellow mats) gets its common names from its low growth habit and its greenish-yellow foliage. The species name "arctopoides" means "like a bear's paw," a poetic but quite accurate description of the leaf shape. These striking chartreuse leaves surround heads of yellow flowers subtended by chartreuse bracts. The plants grow low to the ground, with stems radiating from a central tap root.

The chief species of wild parsley on the hill is *Lomatium utriculatum*, another plant with yellow flowers that resemble the blooms of dill, caraway, and carrots. This genus was the ancestral larval food plant of the native anise swallowtail butterfly. Unfortunately, habitat destruction of weedy species severely depleted the areas where *Lomatium* grows, so anise swallowtail caterpillars have adapted to an extremely invasive weed from Mediterranean Europe, fennel (*Foeniculum vulgare*). Since the Bernal Hilltop Native Grassland Restoration Project needs to control fennel on our hilltop to protect the native plant community, we are especially interested in preserving and enhancing the *Lomatium* populations there.

You are invited to join our work parties at 11:00 a.m. on the third Sunday of each month to see these harbingers of spring, as well as the other native species, and to help with weed control and the restoration test area. You are also welcome to propagate Bernal seed to raise plants for reintroduction onto the hill in December 1993. For further details call me at 282-5066. •

Correction: Bernal Hilltop: Our Native Orchid (NBj Oct/Nov. '92)

Recently, however, taxonomists studying this group of orchids have determined that all the *Habenaria* species are tropicals. The California plants formerly included in this genus belong to *Platanthera* (native to wet meadows, including the Sierran species), or *Piperia* (coastal plants, such as those native to the Bay Area). We apologize for the error.



Both neighbors and bargain shoppers enjoyed the three block long Garage Sale on Bocanana Street.

1st Annual Bocana/Cortland Garage Sale a Smashing Success

Neighbors on Bocana Street with the assistance from the Bernal Heights Neighborhood Center's Youth Outreach Project, organized a November 7th Block Garage Sale. Youth of the area were organized around selling food at the event, an idea modeled after the successful Fair Oaks Annual Flea Market. The sale

was a fabulous success. Twenty four families sold their used goods along the entire three blocks of Bocana Street to Cortland Avenue.

The event was planned in response to concerns of negative interactions between the youth and adults of the Bocana Street area. Youth were seen as obstacles by the adults who felt

inhibited about freely enjoying their street and community because of the youth's presence. The sale allowed these residents to interact freely without any of the old reluctance. It allowed the youth to interact and understand that they are all neighbors and that they can co-exist. The Block Garage Sale gave a sense that things

Bernal Playground - Continued from page 1...

the upper children's playground and in the gym building. Program Survey

In order to ensure that the playground truly and successfully meets the community's needs and receives community support, an interest/activity survey is now available. Neighbors who live in the immediate vicinity of the playground, will find the survey form inserted in this issue of the New Bernal Journal. Additional surveys are available to all Bernal residents and park users at the Bernal Heights Neighborhood Center at 515 Cortland Avenue, at the Bernal Branch Library at 500 Cortland Avenue and also at the Bernal Playground's gym building. Neighbors are urged to complete and return their survey promptly, in order to include this important community input in future playground programming. The following is a summary of the Bernal Playground's current activities:

- **Sports and Arts & Crafts: Monday - Friday, 3:00 - 6:00 Saturdays, 11:00 a.m. - 5:00 p.m.** Staff supervised children activities at the Bernal Playground include kickball, dodgeball, soccer, double-dutch jump rope, basketball and painting.
- **Homework Help: Monday - Friday, 3:00 - 4:00 p.m.** Both directors of the playground are well qualified and ready to provide homework help to youngsters. Marquita Reyes, a San Francisco State University student has considerable tutoring experience and Derek Crenshaw is a graduate of the University of Wisconsin who majored in Elementary Education.
- **Cooking Class: Thursdays, 4:00 - 6:00 p.m.** Gaining popularity with the 5 to 12 year olds, the cooking class led by Marquita Reyes includes culinary achievements such as brownies, pizza, caramel apples, rice crispy treats and quesadillas. Cooking supplies are currently limited and the playground hopes that neighbors will donate their surplus cooking utensils, potholders, towels.
- **Preschool Activities: Wednesdays, 10:00 ages 4-5, 10:30 ages 3-4 and 11:00 ages 2-3.** Led by Glen Haulin, tumbling is scheduled for three half-hour periods for preschoolers. Although most of the children attending this activity are from neighborhood preschool groups, individual parents and their children are welcome to participate. In order to establish a complete "Tiny Tots" Program, Glen explains that at least 20 children are needed to bring this activity to the playground. A sign up sheet and information are available at the playground office. Neighbors will petition the Recreation and Park Department to start a program at the Bernal Playground after enough parents have showed interest and signed up.
- **Co-Ed Volleyball: Tuesdays, 7:00 - 9:00 p.m. Basketball, Wednesdays, 7:00 - 9:00 p.m.** Adults and teens are encouraged to participate in these evening activities to meet their neighbors and join in the fun.
- **Senior Citizen Club: Thursdays, 10:00 a.m. - 2:00 p.m.** Seniors gather to visit, eat bag lunches and play Bingo (3 cards/5¢). Seniors who wish to become official members pay a monthly due of \$1.00 which is used to fund holiday luncheons. For more information, stop by and see Myrtle Bepler on Thursdays.
- **Aerobics: Tuesdays & Thursdays, 5:00 - 6:00 p.m.** Adults and teens are invited to move to the beat to get in shape.

A Public Meeting is scheduled for **Wednesday, December 9th** at the Bernal Gym. Representatives from both the programming and maintenance sides of the Recreation and Park Department have agreed to meet with the community. Anticipated discussion topics include the \$300,000 building renovation and "Adventure Playground" project, the status of requested repair and improvements of the weight room, children's playground equipment and programming.

Wheelchair access to the building is limited and will be addressed in the redesign. Persons with disabilities who wish to attend the meeting should contact Tim Lillyquist at 666-7080 for accomodation. It is hoped that a large turnout by neighbors will convince Rec and Park that the community is solidly pushing for park improvements. Together neighbors can make a difference. • **- By Ellen Egbert**

Ellen is a Bernal resident who has become very involved and active in efforts to help improve the Bernal Playground and increase its usage.

have changed on Bocana Street for the better.

The selections ranged from used clothing, to brand new furniture, to classic posters and albums. Both residents and non-residents mingled and bartered in the spirit of a true flea market. The smell of delicious barbecued hamburgers, hotdogs and satays filled the corner of Bocana & Cortland. Although only one youth helped to cook and sell the food, many other youth participated in the revival of the community spirit on Bocana Street. Best of all, B.E.S.T. (Bernal Elders Support Team) received a \$300.00

contribution from the Bocana neighbors' proceeds as well as raising \$300.00 from the sales of their own items.

As one neighbor stated, "It was incredible and fun, the sale turned out much larger than expected. It was a wonderful way to spend the day and I look forward to next year's sale." The day ended with a community barbecue amongst all of the participants both, young and old, invited to celebrate a great job. Kudos to Ellen Shireman, sale organizer, and many others. •

- By Mauricio Vela

Youth & Senior News

San Francisco's Youth Say, "Give Us A Voice!"

by Carol Callen
Assistant Director for
Coleman Advocates

On Saturday, October 24, 1992, 100 youth and adults attended the Youth Speakout held at Horace Mann Middle School. What is it like to come of age in this era of AIDS, recession, massive cuts to education, etc.? If you want the answer to these questions, go directly to the source: our youth.

At the Speakout, the youth gave us adults the *real* story of what it is like to deal daily with: (1) an antiquated and often apathetic school system; (2) city services that fail to meet the after-school recreational needs of youth; and (3) a diverse population of youth who are often unaware of their own culture, let alone the cultures of the other ethnic or racial groups. Three youth panels were organized in accordance with these

concerns: In-School Issues; Out-Of-School Issues; and Multicultural Awareness. Although high school students were the majority of the panelists, college-age youth and middle-school age youth were also represented. Adults were invited to listen only! Candidates for office who were in attendance included Leland Yee, past and present member of the Board of Education; Angie Fa and Steve Phillips, both newly-elected members of the Board of Education; and Sue Bierman, newly-elected members of the Board of Supervisors.

The youth panelists and the youth in the audience who took advantage of the open-microphone spoke loud and clear. They expressed frustration about the state of our schools. According to their testimony, the San Francisco public schools are doing a woefully inadequate job of teaching them about cultures other than the dominant, white western culture, and of equipping them with the skills needed for success in the real world. It is clear to today's youth that society does not give high priority to educating its youth. How else can you explain that the average salary of a prison guard is \$50,000, while the aver-

- continued on page 10...

Tips on Saving Money In Your Golden Years

The updated **Senior Gold Card Merchant's Directory** is now available at the Commission's on the Aging's "Senior Information and Referral Program" whose office is located at 25 Van Ness Avenue, Room 750. The newly published directory lists over 300 businesses in San Francisco that provide a discount on their merchandise and services to seniors 60 years of age or older.

In the Bernal Heights neighborhood, AutoMotion at 185 Bayshore Boulevard gives Senior Gold Card holders 10% off parts & labor and on foreign and domestic auto repairs, maintenance and tire services. Seniors can also use their Gold Card at Good Life Groceries at 448 Cortland Avenue to receive 10% off all products from 9:00 a.m. - 3:00 p.m. (sale and some dairy items not included).

A free Gold Card together with the new edition of the directory may be obtained Monday through Friday, between 8:00 a.m. - 5:00 p.m. at the Senior Information and Referral Program. Identification that shows date of birth is required. For more information about the **Senior Gold Card Discount Program**, call 626-1033.

If you are interested in saving the cost of stamps and eliminating that per-check charge when paying your bills, you'll want to sign up for Pacific Bell's new free service called "Pay-By-Phone."

This new service will save customers a walk to the mail box, as well as those other little expenses that add up when you pay your bill each month. To sign up, all you need to do is provide Pacific Bell with a voided check. This can be done by responding to a mailer the company will send to customers, or by calling 1-800-794-9794 for an application. In either case, a postage-paid envelope will be provided.

Customers who are part of the program and are ready to pay their bill just need to call the free phone number each month and follow the voice prompts to authorize a withdrawal from their checking account. This new system will prove to be a welcomed convenience for seniors!

For Neighborhood Senior Activities,
Services & Information, Call: 206-2145

Bernal Heights Senior Program
515 Cortland Avenue

BERNAL HEIGHTS FALL YOUTH DIRECTORY

Alemany Community Center

• Bible Study: Mon 5:30pm
• GED Adult Program/ Tutorial Service: Mon-Thurs 9am-12pm
Also Various Monthly Activities. Tiki Hadley, 282-8454

Bernal Heights Neighborhood Center

• Youth Employment & Activities Program: Mon-Fri 9am-5:30pm
• Girl Scouts: Mon 4-7pm. Nancy O'Brien, 206-2140
• Youth Organizing: Mon-Fri 9am-5pm. Clo Dow, 206-2140.
515 Cortland Avenue

Bernal Library

Tue 10am-6pm, Wed 1-9pm, Thurs-Sat 1-6pm
Jean Heverly, Head Librarian, Dorothy Coakley, Children's Librarian
500 Cortland Avenue, 695-5160

Bernal Playground

Mon, Thurs, Fri 3-6pm. Tues, Wed 3-9pm. Sat 11am-5pm
Derek Crenshaw, Marquita Reyes
500 Cortland Avenue, 695-5007

San Francisco Recreation & Parks

• Junipero Serra Yard Program: Mon-Fri 2:30-5:30, Sat 11am-5pm
Jason Bryant, 625 Holly Park Circle
• Paul Revere Yard Program: Mon-Fri 3-6pm
James Pierce, 555 Tompkins

Leonard R. Flynn

• Childcare: K-4th Grade. Mon-Fri 12:45-6pm
Angel Contreras, Director. 3125 Army Street, 695-5782

Mission YMCA

• Afterschool Program, 5-10 years old: Mon-Fri 11:30am-6:30pm
Winter and Spring break care is available at an additional fee
Marie Focha, Prog. Director. 4080 Mission Street, 586-6900

Precita Valley Community Center

• Weightlifting: Mon-Fri 3-6pm
• D.J. Music Production Classes: Mon-Wed 4-6pm
• Teen Substance Abuse Workshops/Counseling: monthly
Steve Reyes, 206-7756
• Boxing: Mon-Sun 4-8pm
Ernest & Sonny Garcia, 206-7758
• Afterschool Program, 5-12 years old: Mon-Fri 2-7pm
Shuvonda Wright, 206-7757
Jason Gallegos, Center Director

St. Anthony's Church

Mon 7:30. Br. Reuben Rodriguez, Pastoral/Juvenile Liturgy
Josie Juarez, 3215 Army Street, 647-2704

St. Kevin's Youth Program (SKY)

Rev. Jeffrey Malanog, Marie Annuzzi, Secretary
704 Cortland Avenue, 648-5751

St. Mary's Recreation Center

• Programs for kids, teens and adults
• Seasonal sports offered
Sun 12-5pm, Mon 4-10pm, Tues-Fri 1:30-10pm
Sat 9am-5pm (1st Sat: 11-5). 695-5006

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1992 Bernal Heights Senior Program

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Dec. 6
9 - 3 pm**

Arts & Crafts • Gifts • Decorations
Game Booths • Entertainment
Sunday Brunch • Jewelry

Visit with Santa Claus from 12:00 - 2:00
All Children will receive a free candy bag!



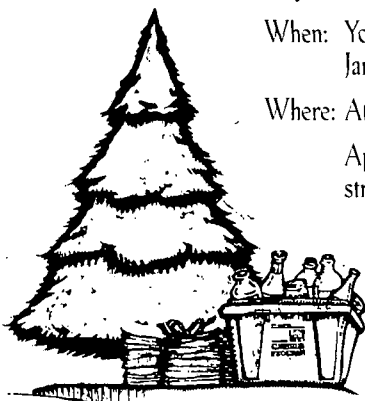
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Admission Free!



Bernal Heights Neighborhood Center
515 Cortland Ave. (at Andover), SF, 206-2142

TreeCycling Day is on ReCycling Day

This Year Recycle Your Tree at the Curb.



When: Your **first** recycling day after January 2nd, by 6a.m.

Where: At the curb, next to your blue bin.

Apartment residents: at the curb on your street's first recycling day after January 2nd.

- Please **no** tinsel, metal bases, painted or flocked trees.
- Trees on the curb on other days will become trash.

For more information, call the SF Recycling Hotline at 554-6193.

San Francisco
RECYCLING
PROGRAM

Composting: Turning Garbage into Gold

Home composting in San Francisco is easy, fun, and has far reaching benefits. Composting is the recycling of organic materials to make a great soil amendment for your garden. Yard and food waste make up almost twenty-five percent of San Francisco's waste stream. Most of this can be recycled through the simple art of making compost.

Composting

- Saves residents money by lowering garbage bills and replaces the need to buy commercial soil amendments.
- Conserves water by helping the soil retain moisture and by reducing water runoff.
- Helps Your Garden and Container Plants by improving the fertility and health of soil.
- Benefits the environment by recycling valuable organic resources and extending the lives of our landfills.



The San Francisco League of Urban Gardeners (SLUG) and the San Francisco Recycling Program co-sponsor the Home Composting Education Program to help residents learn how to compost. Bernal residents can join Denise Angel of SLUG for a **free composting workshop on Saturday, December 12, 10:00-11:30 a.m.**, Bernal Heights Neighborhood Center. For information or free brochures, call SLUG's "Rotline" at 285-7585.

To Advertise in the
New Bernal Journal
call: 206-2144

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Por generaciones, miles de californianos han descubierto que al abrir una cuenta de cheques de Bank of America, tienen a su disposición más que una cuenta de cheques. Cuentan con empleados bilingües, información completa en español, cientos de sucursales y mucho más.

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no pueda visitar una sucursal, basta con utilizar nuestros servicios por teléfono en español para obtener una respuesta inmediata.

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3250 Mission Street
622-4551



Youth - continued from page 9...

age salary of a school personnel is \$37,000? Vu Chau, one of the youth organizers of the event, prepared a banner that spoke a true sentiment: "We need books younger than we are!" Tired of being classified and put down by the way they dress and other forms of self-expression, one panelist urged youth to know their rights and organize to fight for those rights!

To enrich their out-of-school life, the youth asked adults to listen to them. Youth can be a valuable resource in developing "non-preachy" programs that will keep kids off the streets and out of trouble. Realizing that whatever changes that have to be made to make San Francisco a city where children and youth can thrive cannot be made by youth alone, the youth called on adults (particularly those in positions of power) to support their efforts. Finally, the young adults remarked that before they could come together to create a system of support that truly meets their needs, youth need to know about their own culture.

The youth's powerful presentation of these issues and many more, made for an enlightening, but intense afternoon. "As One", a local Rap group provided much welcomed entertainment. The group sang and danced with style and finesse, while delivering the important message of "Unity!" In addition, the San Francisco Mime Troupe helped to liven things up with its relevant rendition of "Jack and the Beanstalk" in which the giant was slain by the poor who chanted, "It's time for him to go!"

Endorsers of the Speakout, include Coleman Advocates for Children and Youth, the Income Rights Project, San Franciscans Unified, the United Educators of San Francisco, and S.E.I.U. Local 790. The Bernal Heights Neighborhood Center was thanked specially for providing the meeting space for the youth and adults who organized the event.

There is hope that the Youth Speakout will be the spark for more youth activism. One important proposal presented by a representative of LYRIC (Lavender Youth Recreation and Information Center) was that the Speakout be institutionalized, instead of having to put together a big event to find out what's going on with San Francisco's youth.

The next challenge facing the youth is to work together to get City Hall to create a permanent forum for youth to speak their minds. The challenge is to provide them the support they will need to make this goal a reality. Perhaps the Board of Supervisors should consider turning its chambers into a youth speakout for a couple of hours every month as a means of soliciting their input on a regular basis.

BERNAL CALENDAR

• **Christmas Arts & Crafts Boutique.** Sun., December 6th, 9:00 - 3:00 p.m. Beautiful handmade gifts and decorations will be for sale at this annual fundraiser for the Bernal Heights Senior Program. Children can visit Santa & Mrs. Claus from 12:00 - 2:00. Pancake Breakfast, carolling and games. Admission free. *Bernal Heights Neighborhood Center, 515 Cortland Avenue. 206-2145.*

• **Health Center #3 Celebration - 25 Years of Service.** Tues., December 8th, 3:00 - 6:00 p.m. Department of Public Health Center #3 celebrates its 25th year of providing preventive public health and primary care services to Bernal Heights and the south east neighborhoods of the City. The public is welcome and both former and current patients are invited to share fond memories. *1525 Silver Avenue at San Bruno Avenue. Amana Panni: 468-1588.*

• **East Slope Election.** Tues., December 8th, 7:00 p.m. The East Slope Design Review Board will hold its

annual election meeting. All residents of the East Slope are invited to attend this open election and nominations are welcome. *Bernal Heights Neighborhood Center, 515 Cortland Avenue. Terry Milne, 285-8978.*

• **Public Meeting: Bernal Playground Improvements.** Wed., December 9th, 7:00 p.m. Neighbors are invited to discuss maintenance and program issues for the Bernal Playground facility, as well as to review plans for the renovation of the gymnasium building. *On Moultrie Street at Jarboe, 666-7080.*

• **Moultrie Street Open House.** Mon., December 7th, 12:00 - 2:00 p.m. Neighbors are invited to visit the Moultrie Street Apartments, which will provide permanent housing to individuals who have special needs. *374 Moultrie Street. Call Carol Corr, 206-2140, at the Bernal Heights Housing Corporation.*

Deadline for the next Bernal Calendar: 1/17/93.

Dog Day Afternoon



Despite an early morning rain on the first Sunday in November, the Holly Park Tailwaggers enjoyed their first annual Holly Park Doggie Brunch attended by 30 dogs and their owners.

This informal group enjoys the lovely Eucalyptus and Pine shaded park on a daily basis, sharing it with the early morning Tai Chi enthusiasts and the evening strollers and musicians. At the brunch, the dogs gathered at the barbecue pit to share treats and tall tales with their friends - both two and four legged.

The highlight of the gathering was the "Sit-Stay" contest won with great perseverance by a pooch named Jango. Tasty rawhide bone prizes were awarded by Wref and Javier, the owners of Petpourri, the new pet store which recently opened in the neighborhood at 811 San Jose Avenue.

- By Carol Shapiro

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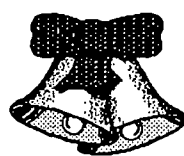
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DEL MONTE NEW POTATOES 303 CAN .59¢	FRISKIES CAT FOOD BUFFET SIZE 3/\$1.00	FRISKIES DRY CAT FOOD 4LB. BAGS, ASST. \$3.49
DEL MONTE CUT GREEN BEANS, 303 CAN .59¢	CAFE BUSTELO 12 OZ. CAN \$2.99	FRISKIES CAT FOOD 13 OZ. CANS ALL FLAVORS .69¢
DEL MONTE FRENCH STYLE GREEN BEANS .59¢	ZEE NAPKINS 60 COUNT .39¢	B.H. CELLO BREAD (LIMIT 6 PER FAMILY) .39¢
DEL MONTE SPINACH 303 SIZE .69¢	PRIME CHOICE GENERIC CIGARETTES CARTON KINGS \$9.79 100s \$10.19	BERKELEY FARMS EGG NOG: \$1.39 QT. SOUR CREAM: \$1.29 PT., .69¢ 1/2PT ORANGE JUICE: \$2.49 64 OZ., \$1.49 QT.

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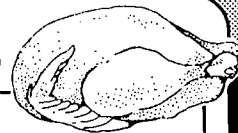
EMBASSA JALAPENO PEPPERS WHOLE OR SLICED 26 OZ.	\$1.69
KERNS NECTORS 12 OZ. CAN	\$.69¢
MISTY FACIAL TISSUES 170 COUNT	.79¢
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